

- The City of Annapolis Penguins Swim Team is for ages 5 -18.
- Practice competitive strokes and compete with other teams in the Greater Annapolis Swim League!
- Uniforms are not included in the registration fee.
- Swim meets are held on Saturdays in June and July.

Practices begin Tuesday, June 2nd

Practices will be held on an A and B day schedule. Please register for either Mon/Wed (A day) OR Tue/Thu (B day) practices. This will be your assigned practice schedule for the season. There will be 4 swimmers per lane, properly distanced for 24 swimmers per practice session. Friday mornings at 7:30 am will be available to offer more instruction where needed.

Age	Practice Time	Mon/Wed (A)	Tue/Thu (B)
8 & under	5:30 - 6:15 pm	#2021	#2022
9 - 12	6:15 - 7 pm	#2023	#2024
13 & over	7 - 8 pm	#2025	#2026

Registration

Registration includes the mandatory AAU insurance fee. COA Resident \$115 / Non-Resident \$13 Coaches will not be in the water with swimmers.

Mandatory requirement that children can competently swim 25 yards of the pool, unassisted.

- Fri Apr 9, Registration begins for returning swimmers
- Mon Apr 12, Registration begins for new swimmers
- Sat May 22, 1 pm, Tryouts for swimmers 10 & under (not on the Penguins or AST last year) & Sun May 23, 1 pm, Held at the Kenneth R. Dunn Municipal Pool
- Sun May 23, All registration closes. No late registration will be accepted

Meets

There will be four dual meets which will all be virtual. How do virtual meets work? We have no idea! But, we'll figure this out before June. Championship meets are also a work-in-progress.

There will be infection-prevention protocols in place. We will share those in writing and in our MANDATORY virtual parents' meeting (date TBD).

For more information contact gopenguins7@gmail.com

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